

PHYSICAL READINESS TEST (PRT)

Testing Protocol

Event Order:

- Push-ups
- Sit-ups
- 1.5 mile Run

Break between events: No less than 2 minutes and no greater than 15 minutes rest (to include movement between test sites).

Push-ups:

Push-ups shall be performed on a firm or suitably padded, level surface. Shoes are optional.

Push-ups shall be performed as follows:

- Participant shall begin in the high plank position, palms or fists placed on floor directly beneath or slightly wider than shoulders. Both feet together on floor. Crossing at the ankles is NOT allowed.
- Back, buttocks, and legs shall be straight from head to heels and must remain so throughout test. Toes and palms/fists shall remain in contact with floor. Feet shall not contact a wall or other vertical support surface.
- The test proctor shall signal start for participants and calls out 15-second time intervals until two minutes have elapsed.
- Participants shall lower themselves while maintaining the bodily alignment so that the chest (men)/chin (women) makes contact with a counter's fist. Minimum height of the fist or object used to substitute shall be no less than 3". Males will touch fist to chest. Females will touch fist to chin.
- Participants shall return to starting position by extending elbows, raising the body while maintaining a plank until arms are at a near lock-out.
- Participants may rest only in the up position while maintaining arms, back, buttocks, and legs in straight position. Participants may briefly move into an arch to stretch out but must move into a full plank position before resuming movement.
- Push-ups are repeated correctly as many times as possible in two minutes. Proctors are to monitor participants for correct form and counts correctly performed push-ups. Incorrect push-ups shall not be counted. Results for event ended in less than two minutes shall be number of push-ups properly performed at time of termination.
- Event is ended if participant:

Touches deck with any part of body except hands and feet.

Raises one or both feet or hands off deck or ground.

Fails to maintain back, buttocks, and legs straight from head to heels during execution of the movement.

Sit-ups:

Event shall be conducted with partner on a level surface on a blanket, mat, or other suitable padding. Shoes are optional.

Sit-ups are conducted as follows:

- Participants shall start by lying flat on back with knees bent, heels about 10 inches from buttocks. Arms shall be folded across and touching chest with hands touching upper chest, shoulders, or upper arms.
- Feet shall be anchored to floor only by having a partner anchor with hands, knees, or sitting upon the feet of the participant.
- Proctor shall signal start for participants and call out 15-second time intervals until two minutes have elapsed.
- Participants curl their body up, touching elbows to the bottom of thighs while keeping hands in contact with chest, shoulders, or upper arms.
- After touching elbows to the bottom of the thighs, participants lie back, touching the small of the back to the ground. Participants may touch shoulders without penalty.
- Participants may rest in the down position. There is no time limit to length of rest other than the time limit of the test itself.
- Sit-ups are repeated correctly as many times as possible in 2 minutes. Proctors monitor participants for correct form and counts number of correctly performed sit-ups. Incorrectly performed sit-ups shall not be counted. Results for event ended in less than two minutes shall be the number of sit-ups properly completed at time of test termination.
- Event is ended if participant:

Lowers legs

Raises feet off ground or floor

Lifts buttocks off ground or floor

Fails to keep arms folded across and touching chest/shoulders/upper arms.

Fails to keep hands in contact with chest/shoulders/upper arms.

1.5 Mile Run

Event shall be conducted on a track or outdoor course with a reasonably flat surface as designated by testing staff.

The 1.5 Mile Run Event shall be conducted as follows:

- Participants shall stand at start line.
- Test proctor shall signal start and call out time intervals until completion of test at either the split of the events distance or per lap depending upon course used.
- Time is recorded with stopwatch to nearest second.
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The 1.5 Mile Run Event shall be conducted on a treadmill as follows:

- Participants straddle treadmill belt with treadmill inclination set to 1.0 percent.
- Test proctor shall signal start and participant starts treadmill at desired speed.
- Proctor calls out time intervals every .25 mile until completion of test.
- Time is recorded with stopwatch to nearest second.
- Treadmill speed may be adjusted to participant's comfort anytime during test. Only the participant may adjust treadmill speed unless there is a threat to the health of the participant.
- Touching bar with fingertips or open palm for safety to recover balance is acceptable.

- Event is ended if participant:

Stops running or walking other than to retie shoelace or remove foreign object from shoe.

Completes 1.5 miles.

Changes treadmill inclination from 1.0 percent.

Supports body weight using arms, hands, torso, or any mechanical device.